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**RUMOURS WAY OUT
IN LEFT FIELD
DIAZ, A-ROD SEEN
CANOODLING** {page 12}



VESTIGIAL CANADA POST IS THE WORKPLACE APPENDIX

{page 9}



LONDON

metro®

Wednesday, June 8, 2011
www.metronews.ca



News worth sharing.

Wind. Wreckage



► Euclid Avenue resident Darren Fykes surveys a pile of tree limbs and branches downed during yesterday morning's severe thunderstorm.

KYLE REA/METRO

Surveying the aftermath of the storm

Underneath all the debris lies Fykes' car, and as of late yesterday morning he wasn't sure if his vehicle was OK. The storm damaged homes and vehicles and knocked out power for area residents. See story, page 4. For a web gallery, visit metronews.ca/london.

'It sort of tears at your heart'

► Plaque to Canadian war hero may have to be replaced after vandals spray-painted it black



KYLE REA
@METRONEWS.CA

Less than a day after a plaque was unveiled for Second World War veteran Charley Fox, vandals had already struck.

Sometime late Monday evening or early yesterday morning, someone used black spray paint to completely cover a portrait of Charley Fox displayed on a plaque at the newly named Charley Fox Memorial Overpass — formerly the Hale and Trafalgar overpass and roundabout.

The plaque and overpass were officially dedicated Monday in memory of Fox — a well-known

veteran, decorated war hero and community educator — who died in 2008.

"It's very disappointing; it's disheartening and it sort of tears at your heart," said daughter Sue Beckett. "It really is a slight to veterans. These are the people who fought for their freedom.... It's a shame that someone makes choices to do something like this."

Mayor Joe Fontana vowed that, if caught, the culprits will spend 1,000 hours cleaning up public places: "I'm totally disgusted. It's a despicable act of cowardice and we will find that person ... and they will pay big-time."

KYLE REA/METRO



► The vandalized plaque

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Art. Imitates life



▶ Artist Mary Lynn Smith from London's Gallery Group carefully studies the Covent Garden Market as she creates a painting yesterday morning.

KYLE REA/METRO

Brush stroke of genius

Smith was joined by two other painters in the group as they created various paintings of the market and surrounding area. Every Tuesday and Saturday the group picks a different outdoor spot in London to recreate.

Mom's the word — on the web

► Moms shaping online business ► Networking with other moms is key, says a 'mom-preneur'



MIKE ARSENAULT
LONDON@METRONEWS.CA

June Cleaver is no match for today's mothers weaned on 21st-century technology.

There's an increasing number of women who — in addition to taking care of Wally and the Beav — are carving a niche in the business landscape with small, online companies.

They're called "mom-preneurs" and these women typically run their

businesses from their own homes. Strong social-media skills and the utilization of an enormous online community of like-minded mothers are the hallmarks of a true mom-preneur.

Local mom Shannon Moyer-Szemenyei, who owns and operates her own web-based craft store (sweetstellas.com), says the cultivation of online relationships is the key to her success.

"The majority of my clients are moms I met in chat forums during my

pregnancy," she said. "We order things from each other, advertise each other's products and services, and they give me advice on new product ideas. It's free market research."

Business and financial expertise is not a necessity, says Moyer-Szemenyei. For mom-preneurs, it's more important to pound the digital pavement and get your name and business out into the blogosphere.

"You can get software to help balance your books; Paypal logs most of my in-

Multitasking mamas

► **Leslie Callahan, owner of londonmoms.ca**, estimates there are more than a hundred mom-preneurs in the Forest City area alone, and hundreds more across Canada. The London chapter gets together monthly to discuss business ideas and opportunities.

come," Moyer-Szemenyei said. "But I'm constantly updating Facebook, Twitter

► **For any prospective mom-preneur**, Callahan believes a work/life balance is very important. "I schedule family time. I set aside time each day where I'm not checking email, not checking my computer," she said. "I want to show my kids that family time will not be interrupted."

... posting on blogs to get my name and products out into the marketplace."



String of accidents put the safety of 'bounce houses' in the spotlight.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca



Vancouver's notorious Green Men wade into hostile territory in Boston. Video at metronews.ca



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300-year-old tree toppled by wind

► City had seven crews on streets cleaning up damage after yesterday's storm ► 8,000 households lost power due to downed hydro lines



KYLE REA
@METRONEWS.CA

Kimberley Perez-Borroto thought a tornado had touched down near her Forest City home.

Not surprising, considering wind gusts exceeding 100 km/h accompanied yesterday morning's severe thunderstorm, and brought down a 300-year-old tree in front of her Euclid Avenue house.

She awoke just after 5 a.m. to the sound of high winds screeching around her house, and large crackling noises as three trees in her neighbourhood were brought down.

"It's a sound I can't describe. It's surreal," she said. "The first thing I thought was, 'Oh no, it's a tornado.'"

Geoff Coulson, meteorologist with Environment Canada, said no tornados

were reported but there were extremely high winds, peaking at 102 km/h, and tens of thousands of lightning flashes were reported in the London area.

As first reported yesterday on metronews.ca, the storm was caused by an intense warm front that developed over Minnesota and Michigan and intensified as it crossed Lake Huron. The storm swept southeast with a swath of southwestern Ontario, including London, bearing the brunt.

"We're fully into the summer severe-weather system. Many of these storms occur in the late-afternoon or early-evening hours, but they can also occur overnight as well," he said.

"If the house is starting to make noises you've never heard before because of the wind, that is the time to seek shelter."



► A man surveys damage from downed trees and power lines on Euclid Avenue following yesterday morning's powerful thunderstorm. In all, three trees on the southwest London street were knocked down by high winds, causing damage to homes and at least one vehicle on the street. No injuries were reported.

After the storm

► Power was knocked out for more than 10,000 homes in the Forest City.

► Power to 8,000 homes had been restored by noon yesterday.

► Euclid Avenue was closed for the day.

► Part of Wharncliffe Road between Byron and Springbank remained closed for much of yesterday while crews worked to clean up damage.

► Londoners can call 519-661-5783 to report downed trees on city property.

COLIN PERKEL/THE CANADIAN PRESS



► Ontario's Privacy Commissioner Ann Cavoukian

Sex registry may go public

A proposed website that would list the names and addresses of thousands of registered sex offenders in Ontario is getting a mixed reaction from experts.

The election promise by the Progressive Conservatives goes further than any other system currently in place in Canada to warn the public about high-risk offenders.

Child crime crusader Paul Gillespie says the

website is "absolutely needed" to protect kids and that parents deserve to know if there's a sex offender living near them.

But Information and Privacy Commissioner Ann Cavoukian says police already keep tabs on registered sex offenders and can notify the public if there's a danger to a community.

She says making names and addresses public could lead to some unin-

tended consequences — such as retaliation and vigilante action.

THE CANADIAN PRESS

.....
t What do you think?
Tweet
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Online access

► Alberta is currently the only province that has a website listing the names and photos of high-risk offenders. However, it doesn't list their exact addresses for safety reasons.

► The Conservative proposal would effectively put Ontario's sex offender registry online, providing public access to the names and addresses of more than 13,000 offenders.

Ban saves \$500M in reduced drug costs

The Ontario government is sending auditors into pharmacies and generic drug manufacturers to make sure they're complying with new rules banning so-called professional allowances.

The government moved

last year to stop generic drug companies from giving pharmacists \$750 million a year in fees in an effort to lower drug prices.

Health Minister Deb Matthews says opponents who said the change would drive pharmacists out of

business, especially small independents, were wrong.

Matthews says twice as many pharmacies have opened as those that closed since the rule changes, and the majority of the new ones are independent pharmacies. THE CANADIAN PRESS



► Deb Matthews

Health unit issues second heat alert

Forecast temperatures of 33 to 34 C, plus high humidity, have prompted the Middlesex-London Health Unit to issue its

second heat alert of the year for today. The humidity for Wednesday is expected to be around 40.

● METRO

'Psychic' told of grim body cache

► Judge says mystery caller talked of dismembered corpses, some kids

► Blood found in rural Texas

A county judge says an anonymous tip that multiple bodies are buried at a southeast Texas farmhouse came from a person claiming to be a psychic.

Liberty County Judge Craig McNair said last night the sheriff's office received a Monday-night call from a person who said many bodies were at the house about 112 kilometres northeast of Houston.

The caller claimed some bodies were dismembered and some were children.

McNair said deputies who visited the property Monday found nothing amiss during a quick search.

The tipster called back yesterday morning and said the deputies looked in

the wrong place.

McNair said deputies who returned later yesterday found blood on a back door and detected a foul odour coming from the house.

Investigators were waiting for a search warrant last night.

Footage shot from a helicopter showed 15 vehicles parked along a rural road intersection near a farmhouse.

The area around the home was heavily wooded.

FBI spokesperson Kim Barkhausen in Houston said the agency has been asked to assist in an investigation.

She declined to discuss details of the anonymous tip or the search.

THE ASSOCIATED PRESS

Tripoli. Heaviest airstrikes yet



► A boy holds an assault rifle as people rally yesterday next to Moammar Gadhafi's Bab al-Aziziya compound, a regular target of NATO airstrikes.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

'We will not kneel,' defiant Gadhafi says

Moammar Gadhafi stood defiant yesterday in the face of the heaviest and most punishing NATO airstrikes yet. "We will not kneel," he shouted on Libyan state television as thunderous daylight attacks sent plumes of smoke billowing above his central Tripoli compound. The Libyan leader denounced NATO and the rebels challenging his rule. He vowed never to surrender. "We only have one choice — to the end! Death, victory, it does not matter, we are not surrendering." Angrily, he called the rebels "bastards."

Outspoken 'gay girl' blogger seized in Syria

A Syrian-American lesbian blogger known for her frank posts about her sexuality and her open criticism of President Bashar Assad's autocratic rule has been detained after weeks on the run in the Syrian capital, her cousin and an activist said yesterday.

Amina Arraf wrote a blog called A Gay Girl In Damascus, a mixture of erotic prose and updates about Syria's uprising.

Her cousin, Rania Ismail, said Arraf was last seen Monday being bundled into a car by three men in civilian clothes.

"We are hoping she is simply in jail and nothing worse has happened to her," Ismail wrote.

She added that Arraf had previously sent her texts to post should something happen to her, but she was holding off in hopes of hearing further

"I went into a hair salon one day and, not long after I arrived, I picked up on something between the women working there.... (I) finally learned the women there were all gay."

AMINA ARRAF ON HER BLOG

word from her cousin.

The day before she was detained, Arraf wrote on damascusgaygirl.blogspot.com: "I am complex, I am many things; I am an Arab, I am Syrian, I am a woman, I am queer, I am Muslim, I am binational, I am tall, I am too thin; my sect is Sunni, my clan is Omari, my tribe is Quraysh, my city is Damascus."

Since the uprising

against Assad began in mid-March, a government crackdown has left about 1,300 people dead and more than 10,000 detained, according to human rights groups.

Several activists who were briefly detained during the revolt said they were tortured, humiliated and forced to sign pledges to avoid anti-regime activities.

THE ASSOCIATED PRESS

Time to hide

► Amina Arraf gained prominence after writing on April 26 about two security agents who came to her home to detain her and were argued into leaving by her father. Soon after, Arraf and her father went into hiding.

► Homosexuality is illegal in Syria and gays are frowned upon.

No mail mess — yet

Canada's postal workers are considering an escalation of their rotating strikes, but their union is still not waging a full-blown national walkout.

Union leaders decided late yesterday that workers in Calgary and Edmonton

will be off the job today.

About 1,000 postal workers were on strike yesterday in Moncton, N.B., and Victoria and earlier strikes were held in Winnipeg, Hamilton and Montreal.

THE CANADIAN PRESS

Stan's the cat's meow

Stephen Harper's new cat now has a name: Stanley.

The name won a Facebook poll. The other choices were Smokie and Vingt-quatre.

THE CANADIAN PRESS



► Stanley lives at 24 Sussex Drive.

Blink — and be safe

Eye scanners and information chips inside passports may soon be coming to an airport near you as the airline industry seeks to sharply reduce security check-in times.

The International Air Transport Association yes-

terday unveiled a mock-up in Singapore of the Check-point of the Future, where passengers would walk through high-tech tunnels that can quickly scan shoes and carry-on luggage and check for explosives.

THE ASSOCIATED PRESS

Police-reported hate crimes rise: StatsCan

► Race and ethnicity the top motivator ► Increases in hate crimes against all racial groups in 2009

The number of police-reported hate crimes in Canada increased 42 per cent in 2009, according to a new study released yesterday.

Canadian police services reported 1,473 hate crimes in 2009, up by 437 incidents. That came on the heels of a 35 per cent increase in 2008.

Statistics Canada said the number of police-reported hate crimes motivated by race or ethnicity, religion, and sexual orientation all rose in 2009, especially hate crimes motivated by religion at 55 per cent.

The number of racially motivated hate crimes was up 35 per cent, it said, while those motivated by sexual orientation went up

54% Statistics Canada said that in 2009, 54 per cent of police-reported hate crimes were motivated by race or ethnicity.

29% Religion was the motivator in 29 per cent of police-reported hate crimes.

13% Sexual orientation was the motivation behind 13 per cent of police-reported hate crimes.

18 per cent.

"Violent offences, such as assault, accounted for about four in 10 hate crimes reported by police,"

the study says. "Violent offences were particularly more common among hate crimes motivated by sexual orientation."

More than half (54 per cent) of police-reported hate crimes involved mischief offences, such as graffiti or vandalism, the study says.

"Rates of hate crime tended to be highest among youth and young adults for both victims and accused," it says.

Four cities accounted for most of the increase in police-reported hate crime, led by Ottawa, where the number of incidents increased by 83, Toronto (79), Kitchener-Cambridge-Waterloo (62) and Montreal (61). **THE CANADIAN PRESS**



► Fans watch the Vancouver Canucks lose to the Boston Bruins in downtown Vancouver yesterday

FANS' PARTY POOPED IN GAME 3



JEFF HODSON
@METRONEWS.CA

The 8-1 mauling at the hands of the Bruins Monday let some of the air out of Vancouver's gigantic hubris balloon and brought the city back to Earth (a little bit).

According to police statistics — the universal barometer for good times — about 35,000 people watched the game downtown in glorious weather and at expanded viewing areas to accommodate

HOME ICE ADVANTAGE



the expected crowd.

By comparison, Game 1 saw 40,000 celebrators, despite torrential rain, while 70,000 people hit the street Saturday for Game 2.

Game 2 also leads the way for trouble, with 46 arrests and 891 booze pour outs.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

PM target of hacking attack

It seems a hacker without a cause was the likely culprit behind a false report on the Conservative party website yesterday morning claiming Stephen Harper had been helicoptered to Toronto General Hospital "after an incident at breakfast."

"He was eating breakfast with his kids when a piece of hash-brown lodged in his throat, blocking air from reaching his lungs," the item reported.

The false report was eventually removed from the website, but not before rookie Tory MP Chris Alexander re-tweeted it.

The incident comes at a time when hacking for fun, mischief, malice and profit has been much in evidence around the world.

A person or group called LulzRaft claimed responsibility and plaudits for the Harper hoax on Twitter.

THE CANADIAN PRESS

Students. Protest



► South Korean college students hold up candles during a rally to urge the government to lower tuition for college students in Seoul yesterday.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Students call for halved tuition

The student councils of four universities in Seoul vowed yesterday to go on a joint one-day strike later this week to call for halved tuition, which President Lee Myung-bak had promised during his election campaign. The letters on the cards read "Halved tuition."

Wrongly convicted woman freed

Shortly after Tammy Marquardt was sent to prison in 1995 in the death of her two-year-old son, she had the word "freedom" tattooed on her arm.

But it wasn't until yesterday that she could truly say she was free.

The Court of Appeal for Ontario quashed Marquardt's second-degree murder conviction earlier this year, calling her a victim of a miscarriage of justice and ordering a new trial. Yesterday, the Crown withdrew the charge be-

cause of how much time had passed and the "flawed" evidence of the now notorious former pathologist Charles Smith.

Ontario Superior Court Judge Michael Brown said it's tragic that it took so long to uncover Smith's

mistakes and conveyed to her his "deepest regret."

Smith, recently stripped of his medical licence for professional misconduct and incompetence, testified in her case that Kenneth was strangled or suffocated.

THE CANADIAN PRESS

2 people die as cars strike bear

A bizarre string of car accidents, precipitated by the presence of a bear, has left two people dead in Quebec.

A car slammed into

the animal when it wandered onto Hwy. 148 last night in western Quebec, at a location near the Ontario border.

On impact, the bear rolled over into another lane — where there was a violent collision with a vehicle arriving in the opposite direction.

THE CANADIAN PRESS



Tearful, but won't resign

► Congressman says lewd Twitter pic wasn't illegal and he will submit to inquiry ► House Democrats express disappointment and embarrassment ► Reflects erosion of support for the 46-year-old New York congressman

A prominent Democratic lawmaker's once promising career was in danger yesterday after he acknowledged sending a lewd photo to a woman over Twitter and then lying repeatedly to protect himself.

Congressman Anthony Weiner has refused to resign even as house Democratic leader Nancy Pelosi

formally requested an ethics investigation.

The National Republican Congressional Committee seized on the scandal as a 2012 campaign issue, issuing news releases calling on more than a dozen house Democrats to return campaign contributions from Weiner.

THE ASSOCIATED PRESS

Not sure of ages

► Weiner acknowledged that he had engaged in inappropriate contact with six women over the course of three years through social-networking sites like Twitter and Facebook and occasionally over the phone.

► He said he had never met or had a physical relationship with any of the women and was not even sure of their ages.
► Weiner said he never had sex outside of his marriage.
► Last July, Weiner married Huma Abedin, a top aide to Secretary of State Hillary Rodham Clinton.



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Nintendo unveils new Wii

- Will the Japanese giant's new Wii U revolutionize gaming?
- Controller resembles a mobile device and can be used as a shield

Nintendo introduced its new game console, the Wii U, at the Electronic Entertainment Expo in Los Angeles, Calif., yesterday.

Its distinguishing feature is a unique controller, which resembles a tablet computer. Users can play games on the TV, on the controller, or both.

"It's a new structure for home entertainment," Reggie Fils-Aime, president and COO of the company's North American division, told the crowd.

Although the controller resembles a mobile device

— and the Wii U itself is Internet ready — Fils-Aime cautioned that, "it was not designed to be a portable gaming machine, even though it shares some characteristics. The images displayed on the new controller are generated only by Wii U."

"Nintendo needed to differentiate themselves from their competition one more time, and they're very far out of the box with this new controller," Chris Kohler, gaming editor of Wired.com, told Metro.

Fils-Aime displayed footage of New Super Mario Bros. Me and Lego City Stories. Other titles include Batman: Arkham City, a new Assassin's Creed and EA Sports.

The new product is key to Nintendo's future. Although the original Wii has sold 86.7 million units worldwide (compared to 54 million for Xbox and 50.6 million for Playstation 3), sales have lagged recently, with a reported 29 per cent decline in revenue.

● METRO WORLD NEWS

Wii vs. Wii U

What's the difference between the old and new systems?

The controller.

Wii U's controller is rectangular and has a touch screen, speaker and camera compared to the screen-free baton of the Wii.

More mature games.

There's more bloodshed in space, sports and warrior games. Compare that to the family-friendly Wii Fit.



► Nintendo's new Wii U goes on sale next year.

Market moment

TSX **Dollar**

↓ **↑**

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RIM connects with Scoreloop

BlackBerry maker Research in Motion has acquired German social game developer Scoreloop in a bid to boost development of social and collaborative gaming applications.

RIM says Scoreloop will help its developer community "take gaming to a new level of social integration."

Munich-based Scoreloop has developed a gaming ecosystem aimed at building communities designed to generate revenue from mobile games.

Its products allow pro-

grammers to build connections from games to social media through virtual currencies, global leaderboards and product promotions.

RIM, based in Waterloo, Ont., has had a stiff fight from technology giant Apple, whose hugely popular iPad is in direct competition with RIM's less lauded PlayBook tablet.

Apple announced iMessage for the iPhone, iPod touch and iPad, which mimics the popular BlackBerry Messenger program.

THE CANADIAN PRESS



► The view from a condo in Vancouver beside Stanley Park with a view of English Bay, the park and downtown.

Vancouver housing costs could plummet: Report

A new report suggests sky-high housing prices in Vancouver could fall more than 21 per cent if foreign investment ebbs or interest rates climb.

The report from BMO Economics says overpriced homes in some Canadian cities, along with elevated household debt, suggest the real estate market is vulnerable to a correction — espe-

cially in Vancouver.

It says past housing corrections saw Vancouver home values fall an average of 21 per cent. Prices are even higher today, averaging \$815,000 in April, making the market even more susceptible.

The report says housing costs in Vancouver now eat up 11.2 times of median family income. The Cana-

an average is 5.1 times median family income — a historically high level as average Canadian home prices have more than doubled in the past 10 years.

BMO says current prices suggest that even a modest increase in interest rates will slow the market in coming years. Some triggers that could set off a broader collapse include a

rapid rise in interest rates, a sharp increase in unemployment or a slowing of foreign investment.

High home prices in Toronto also mean the country's biggest city is likely poised for softer prices in the near term, fuelled by a rising supply of condos that could soon outstrip demand, leaving a glut on the market. THE CANADIAN PRESS

STAMP OF APPROVAL IS IN THE MAIL

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Vestigial: (vēstīj'ēəl): Relating to a body part that has become small and lost its use because of evolutionary change.

For example, Canada Post.

In case you haven't heard, there's a strike going on at the post office. It's a nice, polite, post-modern rotating strike that, so far, has touched lightly on smaller cities such as Victoria and Hamilton, but the posties could hit the bricks across the board and most of us would only notice a slight reduction in the amount of junk mail cluttering our mailboxes.

Snail mail is one of those vestiges, like the appendix, that is hanging around (literally, in the case of the appendix) but has an increasingly obscure purpose.

Unless you're one of those vestigial anachronisms who likes to pay bills by mail and fondle your paycheque for a few minutes before you sacrifice it to

hungry creditors, you probably pay your bills on the Internet, get your pay via direct deposit and send emails to your relatives in Parry Sound, Ont.

Even snail-mail Christmas cards are giving way to e-cards, which you can pick up on your laptop, iPad, PlayBook, smartphone, desktop, etc. Of course, you can't mount them on the mantel, but interior decorators everywhere agree that's a good thing.

Snail mail has decreased by 17 per cent since 2006, says Canada Post, and, frankly, it's surprising the drop isn't greater. Must be all those vital fast-food coupons.

So what is the union thinking? Why remind us that Canada Post employees, with no advanced educational requirements or experience, start at \$24 per hour with three weeks' holidays, retire with full pension at 55, and can bank sick days (what's a sick day?), for being the workplace equivalent of the appendix?

The sick-day banking thing is particularly interesting. You could argue that sick days are a humane mechanism, but why should you get to keep them when you're not sick? And turn them in for cash? At taxpayer expense?

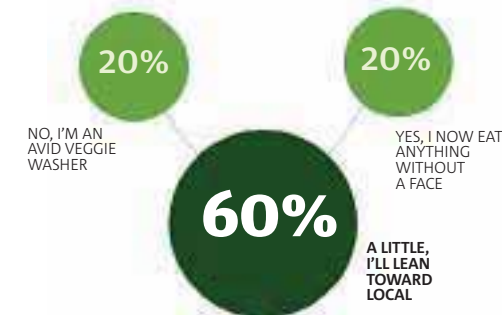
The sad truth is, if Canada Post had an appendectomy tomorrow, no one, except for those 50,000 people with nice jobs, would really suffer. It might take a couple of weeks to learn how to send money by email, pay Canada Revenue online, and transfer your holiday greetings to Facebook, but there is nothing that posties do that can't be duplicated online or by private companies.

Apparently, postal Armageddon is not arriving fast enough for the union, so as it teeters on the brink of irrelevance, it has decided to go on strike, finish itself off, and leave no forwarding address.

Return to sender. Just sayin'.

Read more of Paul Sullivan's columns at metronews.ca/justsayin

Register at metrolifepanel.ca and take the quick poll
Has the E. coli outbreak in Europe changed how you shop for produce?



Local tweets



- @SylMioduszezewska: slept right through non-stop thunder & lightning, but woke up to a city half without power and trees down everywhere #ldnONT
- @ScottWain: Trees on the road + traffic lights out = brutal traffic in #ldnont
- @KaitAtGazette: No power means no coffee, ugh! #ldnont #blackout
- @AwesomeBioTA: The number of trees down on campus is insane! And hardly any outdoor power, too... #uwo
- @doorsopenlondon: This just in ... there will be a special bus pass for Doors Open — Sept. 17 & 18 2011 — \$5 each day for riding btwn 9-5pm. #doldn #ldnont
- @B_Kropp: Booster Juice smoothies are a fine addition to the morning. Unlike waking up without power and hot water. #ldnont
- @zacharywan: There is a history course at #uwo on the history of the business of wine. WTF.
- @sonamcheema: This might be Taylor main, but it does NOT mean you can play nickelback on your laptop. Cruel & unusual punishment for rest of us. #UWO

Worth mentioning

ROME. Global food prices fell slightly in May, but they will remain "at stubbornly high levels" for months to come, a UN agency said yesterday.

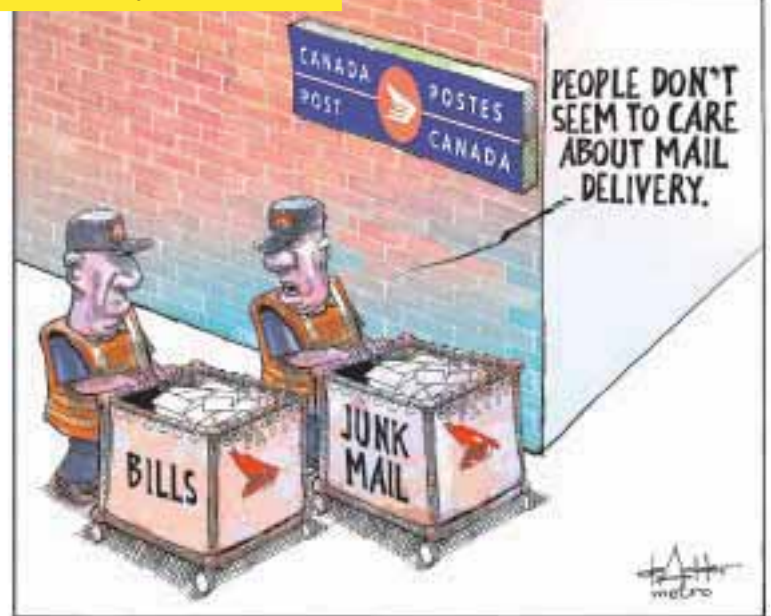
The Food and Agriculture Organization said high and volatile prices can be expected the rest of this year and into 2012, citing a decline in food stockpiles and modest production increases for most of the crops.

Food prices dropped one per cent in May compared to the previous month, but remain 37 per cent above May 2010, according to a price index released by the agency. It said lower cereal and sugar prices led to the decrease in the May index, offsetting increases in meat and dairy prices.

The index hit an all-time high in February, raising fears of a repeat of the food crisis of 2007-08, when high prices led to violence and political tensions in many parts of the world. Prices in March decreased, though experts warn they remain far too high for many poor communities.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

No sequel for this sheep named Shrek

New Zealanders were mourning the loss of the country's most famous sheep yesterday, a shaggy national icon named Shrek who was renowned for avoiding being shorn for years.

Shrek captured the public's imagination in 2004 after he evaded the annual shearing roundups for the previous seven years by hiding in caves on his farm on the South



► Shrek

Island. When finally found, he was clad in an astonishing 27 kilograms of wool.

That's about five times a typical annual shearing from Shrek's breed, the Merino sheep, prized for some of the softest wool. THE ASSOCIATED PRESS

2

scene

Lady Antebellum not a 'one-trick pony'

- ▶ Country trio wants to move on from the crazy success of their single *Need You Now*
- ▶ Next topic: Lady A reveals Sept. 13 release date for their new album, *Own the Night*

GETTY IMAGES

Now that *Need You Now* has changed their lives, the members of Lady Antebellum are ready to change the subject.

The country trio will release their follow-up to that Grammy-winning album on Sept. 13.

Own the Night turns the page on a notable chapter in the story of Hillary Scott, Dave Haywood and Charles Kelley's rise from promising country up-and-comers to one of the most successful crossover acts in music history. It's time to move on.

"We don't want anyone to think we're a one-trick pony," Kelley said in a phone interview with The Associated Press from Los Angeles. "That's our goal, to say, 'Hey, guys, we've got more coming.'"

Need You Now was the top-selling country album of 2010 with three million copies sold, and the title track was the top-selling digital download.

Fans downloaded the song about an ill-advised and drunken late-night call to an old flame more than 3.1 million times last year.

It was the rare country song that resonated across the spectrum of listeners,



▶ Thrown into the spotlight: *Need You Now* was the top-selling country album of 2010 with three million copies sold, and the title track was the top-selling digital download.

"I think for us we're just ready to have new music out there and have the conversation shift toward something different."

CHARLES KELLEY OF LADY ANTEBELLUM, ON THE GROUP'S HIT SONG NEED YOU NOW

rising to No. 2 on Billboard's pop music chart. The song netted most

of the major country awards, and Lady A won a leading five Grammys, including song of the year.

The album produced three multiweek No. 1s on the country chart and pushed the trio into headliner territory on the road, where they spent much of 2010 after the January release of the album turned everything upside down.

"I think we'd be lying if we didn't say it puts that

little added pressure on us for this record," Kelley said.

"I think for us we're just ready to have new music out there and have the conversation shift toward something different. My biggest fear is having the conversation keep being about a song that's two or three years old. I feel as artists and musicians we're ready to move on to the next chapter."

Movin' on

Lady A are eager to spin the conversation forward to the May 2 release of their new single, *Just a Kiss*, and fans showed they're receptive.

- ▶ The single debuted at No. 7 on the Hot 100, a record for a country group.
- ▶ The song is a classic example of the trio's strengths with Kelley and Scott harmonizing over a slow-burning track about simple emotions that most people can connect with.
- ▶ The trio now has a recognizable sound that will be featured on *Own the Night*, Kelley said.
- ▶ Much of the writing was done on tour buses with the trio inviting songwriters to accompany them for a week at a time.
- ▶ "There's a lot of songs I think that have a lot of nostalgia to them," Kelley said. "I think when you're out there on the road and you're so busy, you tend to get a little more introspective and you start thinking about what road led you where you are. So there's a lot of songs looking back at childhood or old love or whatever it may be."

Scene in brief



Space shuttle Endeavour commander Mark Kelly delivered an out-of-this-world message to a U2 concert after Bono dedicated a song to Kelly's wife, Arizona Rep. Gabrielle Giffords. Kelly appeared on a video board from the International Space Station and said "Tell my wife I love her very much."

THE ASSOCIATED PRESS



Patti LaBelle, Steve Harvey to be honoured at the BET Awards, where Chris Brown is to perform. Scan code for story.

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Graham gets a little goofy

► Playing the 'wacky aunt' wasn't difficult for star who loves spending time with her friends' kids



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For Heather Graham, taking on the role of oddball Aunt Opal, a guerilla artist and world traveller, in Judy Moody and the Not Bummer Summer, was something of a no-brainer, since Graham and Opal tend to view the world in a similar fashion.

"I've definitely done that. And I've definitely had the philosophy of how do I live my life as a work of art? Like, how do I get the most joy and pleasure out of every day and just appreciate everything?" Graham says.

Life philosophies aside, Graham was just excited to get into Aunt Opal's eclectic clothes — many of which made their way home with her.

"The wardrobe designer was so amazing — I loved her," Graham says. "Everything she had, I just felt like I was going crazy, like, 'I

want this so bad when the movie's over."

One of the bonuses for Graham of taking on that kind of role was immersing herself in the world of her young co-stars.

"You're not thinking and worrying about adult things, you're just really in the moment and having fun. And I think that's a good thing to remind yourself as an adult. It's fun to remind myself that everything is so fun and simple if you let it be that way."

Also fun was introducing Judy Moody herself, young Australian actress Jordana Beatty, to some U.S. customs.

"We decorated her trailer, because she's never had Halloween before because they don't have it in Australia," Graham says. "We went in her room and we decorated it with jack-o'-lanterns and all of these things, and we were so excited. We surprised her."

But the fun didn't stop

there, especially considering the bond that developed between Graham and Beatty.

"I was with her for her first Halloween," Graham says. "It was after we stopped shooting, but we

went trick-or-treating together. And she was a pumpkin. We went to [Los Angeles neighbourhood]

Toluca Lake. It was crazy. There's so many people, and every single lawn looks like a set designer built it."



► Opal (Heather Graham) and Judy (Jordana Beatty) star in the upcoming release, Judy Moody and the Not Bummer Summer.

"It's really fun to be around kids and feel like that side of yourself that just wants to have fun. You're not thinking and worrying about adult things..."

HEATHER GRAHAM, ON SPENDING TIME WITH HER YOUNG CO-STARS



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ALL PHOTOS GETTY IMAGES



► Kate Hudson

Baby shower for Cheryl Cole not on X-Factor

► Lots of gender-neutral gifts for boy or girl

Kate Hudson is one step closer to becoming a mom again.

She celebrated the special occasion with a baby shower at a private home

in Malibu recently.

Guests included celebs such as Rachel Zoe, Courteney Cox and Jessica Capshaw, according to People magazine.

"[Kate] looked amazing and kept giggling while mingling with friends, nibbling on food and playing games.

"She seemed to have the best time," a source says of the soirée.

With the gender of the baby still a mystery, guests lavished Hudson with "gender-neutral baby items," according to the source.

● METRO

Producers for the new U.S. edition of X Factor have made it official, announcing that Cheryl Cole is out as a judge for the reality series.

"Nicole Scherzinger will be replacing Cheryl Cole on the judging panel of The X Factor," a statement from Fox, Fremantle Media and Syco TV reads.

"Nicole has previously joined Simon Cowell as a guest judge on The X Factor for the U.K. version of the show in 2010. Steve Jones will act as sole host of The X Factor."

No official reason was given for Cole's dismissal.

● METRO



► Cameron Diaz



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Cameron ignores rumours of split

Cameron Diaz is reportedly laughing off reports that she and Alex Rodriguez have split up, according to Us Weekly. The pair have been acting very much like a couple around L.A. recently, hitting up parties for the MTV Movie Awards and the NBA finals looking

"very affectionate," sources say.

As for dealing with reports about her love life, Diaz shrugs it off: "If I want to read gossip, I read about somebody else's life. I can't worry about what other people say," Diaz tells Extra. ● METRO

Scarlett, Sean Penn still friends

Though Scarlett Johansson and Sean Penn have put their relationship to rest, they were spotted hanging out together recently backstage at Spike TV's Guys Choice Awards, according to Popeater, though it's apparently no surprise.

"If you remember after



Scarlett confirmed her split from Ryan [Reynolds] the two continued to see each other and have dinner together," a friend of the actress says. ● METRO

Mila Kunis: I'm no sex symbol

Mila Kunis doesn't exactly agree with the idea that she's a sex symbol, according to L.A. Confidential magazine.

"I'm flattered, but I'm not that person," the former That 70s Show star says.

"Sophia Loren is a sex symbol. If watching TiVo and eating Pinkberry in sweatpants is sexy, then I'm your gal."

● METRO



Reiser: Show was caught in crossfire

While Paul Reiser is smarting over the cancellation of his latest sitcom, The Paul Reiser Show — which was yanked from NBC earlier this year after airing just two episodes — the comedian thinks there's plenty of blame to go around.

"One of the things I've learned is it's not really a great idea to develop a show at a network that gets sold in the middle of your term," he tells Popeater, referring to NBC's recent deal with Comcast. "It could not have been a less opportune moment" ● METRO

Celebrity tweets



"Why is everyone getting junk mail besides me? All my friends are complaining, and I have to lie and say 'totally, me too!'"



@nicolerichie

"Has there ever been a better name for a sex scandal politician than



Weiner?"



@SethMacFarlane

"When society collapses, who do I talk to about being killed last?"



@DamonLindelof

"Emma Frost's THREE mutant powers: Telepathy, Transformation to Solid Diamond and last but not least, Sucking at Acting."

Enjoy the sights, sounds of Saskatoon

► Head to Canada's heartland this summer and taste the fruits of their labour ► The Saskatoon berry is a local favourite in many forms

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA



Who knew little old unassuming Saskatoon could be so colourful

and fun? Especially when there doesn't happen to be any snow on the ground.

Part of that colour, comes every year from the rich red juice of the fabled Saskatoon berry, which is a long time favourite of locals, and quickly becoming a tourist attraction for us out-of-towners.

After arriving at the famous "Berry Barn" just a few miles south of the city, I was hit with the undeniable fact that these tasty little berries are becoming a downright industry. We're talking pies, cakes, preserves, chocolates, ciders, teas and

Activities

Other cool things to do in Saskatoon.

► **Walk the Meewasin Valley Trail:** Stroll along the banks of the South Saskatchewan River, which winds through the center of the city. In the winter you can even skate or snowshoe.

► **Wanuskewin Heritage Park:** This national historic site features an interactive museum on local native culture. The gateway to hundreds of acres of scenic trails, prairie landscape and archeological sites.

juices, all made from these berries. I even headed out back to harvest a few handfuls from the touristy berry patch orchard. Inside the Berry Barn gift shop, tourists were snatching up Saskatoon Berry plush dolls. Hey, why not exploit what you have! With breathtaking views of the South



► A beautiful red sky in Saskatchewan.

FLICKR: BRUCE GUENTER

Saskatchewan River, and a great little country-style dining room, the "Barn" is a great way to wile away a prairie afternoon.

Full of berries, and ready for some high speed adventure, I decided it was time to move on to the new Auto Clearing Motor Speedway, north of the city. Saskatoon has one of the best racing facilities in the country, and I have to say there is nothing like the excitement of a good stock car event in a city that appreciates it.

With a grandstand seating only 3,000, you can get an up close feel for what racing is all about, fast and



► The South Saskatchewan River in Saskatoon.

FLICKR: ANNKRIST

furious style. That whole baron prairie stereotype of Saskatoon was quickly erased for me, soon after

arriving in this vibrant city. Saskatoon berries, and stock cars ... what more do you need?

3

life

Travel in brief

Bibliophiles who love to travel have a new resource — the website literarytourist.com, launched by an Ottawa-based journalist who says he wants to help used bookstores stay in business. Nigel Beale calls the website a "one-stop shop for literary tourists," with listings for 7,000 to 8,000 stores and destinations across North America. Places in other countries will be added later.

THE CANADIAN PRESS



Replica of Elvis Presley's favourite coaster, 'Zippin' Pippin', popular in Green Bay. Scan code for story.

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Visit the world of Avatar

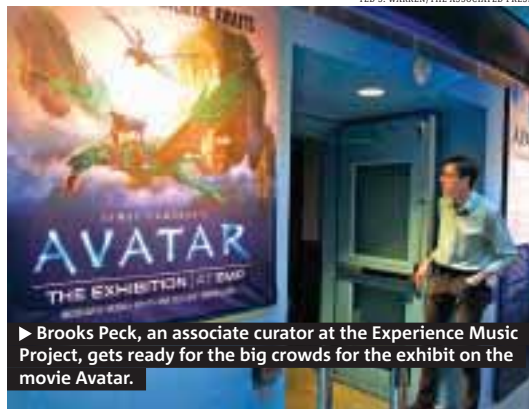
► New exhibit at Seattle's Experience Music Project gives movie fans a chance to visit Pandora ► 40 artifacts from the movie are on display ► Interactive features let visitors take direction from James Cameron

TED S. WARREN/THE ASSOCIATED PRESS

A music and popular culture museum in Seattle is banking on fans of the Oscar-winning film *Avatar* to take in a new exhibit on how director James Cameron brought Pandora and its inhabitants to the big screen.

The exhibit at the Experience Music Project and Science Fiction Museum and Hall of Fame opened Saturday after a Friday event featuring Cameron, some of the movie actors and Richie Baneham, who won the Academy Award for best visual effects.

The goal is to educate and entertain, but not go so deeply into the *Avatar* world that it resembles an amusement park, museum



► Brooks Peck, an associate curator at the Experience Music Project, gets ready for the big crowds for the exhibit on the movie *Avatar*.

associate curator Brooks Peck said. It will be the first of its kind to showcase artwork and props from the blockbuster film.

The exhibit at the museum — built by Microsoft co-founder Paul Allen — should also appeal to people interested in the science and tech-



► A figure of Jake Sully's avatar character from the movie *Avatar* is shown on display at the Experience Music Project in Seattle.

nology behind movie making and set design. Anyone who heads straight to the interactive displays when they visit a museum may be surprised by how much of a taste they will get of how the movie and the world of Pandora were created.

Visitors can try a virtual camera, like the one Cameron used, to see how the motion capture filming of the actors fit in with the virtual world created on computers. The gadget was created especially for the exhibit, which took more than a year to develop, Peck said. Another interactive allows visitors to take the place of an actor from the film using motion capture technology. Cameron "directs" the guest actor in a scene and afterward they can watch themselves and their avatar on a video screen and post a copy on YouTube.

The main part of the exhibit experiences night and day with the lighting cycling back and forth about every 20 minutes. Tendril-like light tubes hang from the ceiling and change colours as the time switches.

The 40 artifacts on display from the film — which is a combination of live action and animation — include the skeletal robot weapon or "Amplified Mobility Platform" used as a weapon in the film

and the motion-capture suit worn for filming by one of the actors. The robot is only four metres tall in real life, but everything in the movie is larger than human scale and the exhibit illustrates this fact with a giant backpack and some giant shoes just waiting for a giggling four-year-old to try on.

The exhibit is populated with the original sketches and models of the Na'vi people and creatures that guided the animators, from models of the heads of the main characters to intricate, feather-and-bead covered headpieces and necklaces.

Some of the art is used as a basis for two other interactive modules: a create-your-own Pandora plant station and a large touch-screen library of hundreds of drawings and short films.

One of the coolest parts of the exhibit is located before the entrance: a large screen showing what appears to be a film of the Na'vi forest, but when visitors step closer, they'll be able to interact with the playful "wood-sprites" floating around. Peck said he hopes this screen will keep people entertained if they have to wait to get into the exhibit.

A few steps back from the exhibit, clips from the movie will loop on the EMP's giant screens along

If you go ...

► **Avatar the Exhibition:** Opened June 4 at EMP at Seattle Center, 325 5th Ave. N., Seattle, empmuseum.org/index.asp or 206-770-2700. Open daily, 10 a.m.-7 p.m. General admission, \$18.

with clips from other science fiction flicks.

The exhibit is expected to travel to other museums in the United States and Canada — the EMP is in talks with museums in Canada, Chicago and the East Coast — but not until it finishes its run in Seattle in late 2012.

Cameron brought the idea for the exhibit directly to Allen a few years ago and asked if he wanted to work together to bring the world of Pandora to the public, EMP spokeswoman Anita Woo said. The exhibit was created in partnership with Twentieth Century Fox and Cameron's Lightstorm Entertainment and Woo said Cameron was involved throughout development.

The museum won't have timed entries or an extra charge to see the *Avatar* exhibit. Visitors will have access to all the museum's exhibits including a recently opened retrospective on Nirvana and Seattle's grunge music scene.

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WEDNESDAY, JUNE 8, 2011**CLEAN
AIR DAY**Simple choices make
BIG CHANGES**What's on**

"Clean Air Day activities run nationwide, emphasizing a grassroots, community-based approach," says Environment Canada spokesperson, Henry Lau. Here are a few examples:

▶ **Do want to ride your bike?**

The London, Ontario-based Thames Region Ecological Association (TREA) will host the TREA Bike Stop at Covent Garden Market, where visitors can get a bicycle check and practice loading their bikes onto a local bus. The evening will include a screening of *Le Cyc*, a tale of a "future, bicycle-powered dystopia."

▶ **The wheels on the bus ...**

The LTC is handing out buttons. If you're spotted wearing a My Bus Info button, you could win a \$50 LTC gift certificate. For more visit ltonline.ca.

▶ **It's Clean Air Day — try something different** ▶ **Here are Metro's ideas to help you reduce your environmental impact**



**CHRIS
EDWARDS**
FOR METRO

Breathe easy — it's what you do when you know the future's bright.

Back in 1998, representatives from five environmental non-governmental organizations weren't feeling so confident.

They took their concerns to then-federal Minister of the Environment, Christine Stewart, who in turn began informal consultations with other groups, other provinces,

and municipalities.

Eventually, Stewart and her fellow cabinet ministers agreed that a 'clean air day,' encouraging environmental awareness, was what Canadians needed most.

Clean Air Day was officially launched on June 2, 1999 and takes place today during Environment Week.

Clean Air Day's goal is to educate the public and urge action on two key environmental priorities: clean air and climate. How this gets done varies from place to place, but a core

part of every initiative is this: any action, no matter how small, even from a single person, can be part of the solution.

"Clean Air Day is a great time to increase awareness about air pollution and commit to activities that reduce our impact on the environment," says Henry Lau, a spokesperson for Environment Canada. "Actions that reduce air pollutants and greenhouse gas emissions can be part of every Canadian's daily life — they can have far-reaching

impacts on air quality, human health and biodiversity and reduce the effects of climate change."

Little things

That gives you a lot of options, even if you're a busy commuter in the middle of a long summer workweek.

Why not start by unplugging your coffee maker after the brew's poured? Then close the windows and blinds as you leave the house — reducing the need for air-conditioning when you come home.

Carpool to work. Store your lunch in a reusable container and bring your own mug for coffee or tea. If you work at an office, don't forget to turn off your computer when your day is done.

These are just a few of the ways you can adjust your lifestyle to help make a difference for everyone. Each is easy to keep up year-round, turning daily decisions into long-term change — another one of Clean Air Day's principles.

If you want to participate in Clean Air Day activ-

ities near you, or contribute your own ideas for meeting Clean Air Day's goals, its organizers are listening. "We encourage Canadians to communicate with each other and exchange ideas about Clean Air Day," says Lau. "They can do it through our Canadian Environment Week Facebook event page, or by contacting us on Twitter, via @environmentca."

Clean Air Day's a reminder that the personal is powerful. Today, you can prove it again.

How Do You Drive? An Eco-Driving Assessment

	Aggressive	Flushed	Average	EcoDriver
Accelerating Style	Always the fastest; lead foot/ pedal to the metal	Faster than most cars	Same as other traffic	Deliberately gentle
Cruising Style	Always speeds up and slows down abruptly	Regularly speeds up and slows down	Generally drives the same speed	Always maintains a steady speed; uses cruise control
Anticipating Traffic	Does not look ahead to anticipate traffic; tailgates often	Rarely looks ahead to anticipate traffic; occasionally tailgates	Sometimes looks well ahead to anticipate traffic; rarely tailgates	Always looks well ahead to anticipate traffic; never tailgates
Highway Speed	20 km/h over speed limit	10-20 km/h over speed limit	0-10 km/h over speed limit	At or below the speed limit
Decelerating Style	Hits the brakes hard at the last possible moment	Always uses brakes to slow down	Sometimes coasts to slow down	Always coasts when approaching slower or stopped traffic

By adopting Eco-Driving techniques, you can save money and reduce air pollution:

Fuel Wasted	More than 30%	15%-30%	5%-15%	Don't change a thing, keep it up!
Annual Savings*	More than \$850	\$450-\$850	\$150-\$450	

* Based on 20,000 km/year at TTL/160 km and \$1.30/L.

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Going beyond the bike

► Ways to change your daily routine, your environment



Clean Air Day's all about what you can do to make air quality and climate priorities in your life.

In fact, you probably already have some ideas.

Maybe you'll celebrate by biking to work — or car pooling, if that's more reasonable.

You might turn off the water while you brush your teeth; have a bath instead of a shower; collect organic waste for composting; buy a reusable shopping bag, or choose to buy nothing at all and make it a weekly event.

The habits you start today can last a lifetime.

But environmentalism isn't just about changing behaviour, it's about finding solutions to problems;

being curious about new ways to do things; being creative; even having fun. If biking to work is a Clean Air Day favourite, maybe it's time to try something new?



► Plant a tree.

Suggestions

Here are a few ideas — some a bit far out, but all possible — and all based on Environment Canada's actual list:

► **Trash-free** Have a trash-free barbecue, inviting guests to bring their own utensils. Use Frisbees as plates — you can work off the dinner with a game or two when you're done.

► **Lose the mothballs** Use cedar chips instead of mothballs. Mothballs contain potentially harmful chemicals, and let's face it: they stink.

► **Natural air-con** Plant trees to shade your house. Saves air-conditioning costs in summer, looks great, hides the neighbours.

► **Sell it, don't toss it** Hold a yard or garage sale to sell unwanted items instead of throwing them away. (Have some Frisbees on-hand too: five cents for a burger, or 10 cents if you want to throw your plate behind the house).

► **Swap** Organize a clothing swap. Purge your closet of unwanted clothes and exchange them with friends and family. This is a great way to freshen up your look — or find a Halloween costume. If it is Halloween, tell your neighbours about your costume swap in advance.

For more ideas, visit Environment Canada's website at www.ec.gc.ca.

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Wear My Bus Info button while riding the bus between June 6 - 10, 2011. You could win a \$50 LTC gift certificate.

5,000 buttons will be available for pick up at the LTC downtown Ticket Office located at 150 Dundas Street starting on Monday, May 30, 2011 (while supplies last).

London Transit spotters will be looking out for individuals wearing the My Bus Info buttons anytime between June 6 - 10, 2011.

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USE BIKE RACKS

Customers using bike racks between June 6 - 10, 2011 could win a free sports bottle courtesy of LTC.

Bike racks are installed on buses servicing routes 10/14 Wonderland/Highbury, 16 Adelaide and 17 Oxford West.

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Brown rice for any time

► These recipes showcase how to use the grain in snacks, appetizers, mains

These brown rice bars are packed with dried fruits, nuts and seeds and bound together with wholesome brown rice and natural nut butter. They're portable, convenient and, best of all, provide the energy you need to keep up with your busy schedule. These bars can also be prepared as cookies.

Preparation:

1 Preheat oven to 190 C (375 F). In a large bowl, beat butters and sugar until light and well combined. Beat in egg and vanilla.

2 In a bowl, whisk together flour, baking powder and cinnamon. Stir into butter mixture until well

combined. Fold in rice, coconut and trail mix.

3 Spread mixture into a parchment-lined 33-by-23-cm (13-by-9-inch) baking dish. Bake in the centre of oven until golden and set, 25 to 30 minutes. Let cool before slicing into bars with a serrated knife.

4 Store in an airtight container for up to 3 days or wrap and freeze for up to 1 month.

ALL RECIPES: THE CANADIAN PRESS/ RICEINFO.COM



ALL PHOTOS: THE CANADIAN PRESS H/O

Ingredients:

- 50 ml (1/4 cup) butter, softened
- 125 ml (1/2 cup) pure nut butter (peanut, cashew, almond) with no additional ingredients
- 175 ml (3/4 cup) brown sugar
- 1 egg
- 15 ml (1 tbsp) vanilla
- 250 ml (1 cup) brown rice flour
- 7 ml (1 1/2 tsp) gluten-free baking powder
- 5 ml (1 tsp) cinnamon
- 500 ml (2 cups) cooked brown rice
- 125 ml (1/2 cup) coconut
- 500 ml (2 cups) favourite trail mix



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Fiesta Layered Salad



Preparation:

1 Cook rice according to package directions. Spread evenly on a baking sheet to cool; fluff with a fork.

2 In a bowl, whisk garlic with lime juice, cumin, salt, pepper, honey and hot sauce. Whisking constantly, gradually pour in oil to combine. Stir a spoonful of the dressing with the avo-

cado. Set aside remaining dressing.

3 In a straight-sided glass bowl or trifle dish, layer red pepper, avocado, black beans, rice, corn, tomato, green onion, cheese and cilantro.

4 Drizzle with remaining dressing just before serving.

Ingredients:

- 375 ml (1 1/2 cups) long-grain brown rice
- 1 clove garlic, minced
- 50 ml (1/4 cup) lime juice
- 7 ml (1 1/2 tsp) ground cumin
- 4 ml (3/4 tsp) each salt and pepper
- 5 ml (1 tsp) each honey and hot pepper sauce
- 75 ml (1/3 cup) oil
- 1 avocado, peeled and

- cubed
- 375 ml (1 1/2 cups) chopped red pepper
- 250 ml (1 cup) canned black beans, drained and rinsed
- 375 ml (1 1/2 cups) each corn kernels and chopped tomato
- 125 ml (1/2 cup) chopped green onion
- 375 ml (1 1/2 cups) shredded cheddar cheese
- 50 ml (1/4 cup) chopped cilantro

► These Brown Rice Cuban Burgers are a healthy option for your next backyard barbecue ► They're easy to make



► Brown rice burgers are low in fat and high in fibre.

A meatless option for backyard entertaining, these convenient, healthy burgers are flavourful and made with ingredients from all food groups.

Preparation:

1 In saucepan, bring broth and rice to boil over medium-high heat. Reduce heat to low, cover and cook until all liquid absorbed, about 40 minutes. Let cool

2 In skillet, heat 15 ml (1 tbsp) of oil over medium-high heat. Cook red onion until tender. Stir in pepper and mushrooms and cook until tender. Stir in

garlic, cumin, coriander, salt and red pepper flakes and cook 1 min.

3 Scrape onion mix into food processor. Add breadcrumbs, cooked rice, beans, feta and egg. Pulse to combine.

4 Using wet hands, form into 125-ml (1/2-cup) patties. In skillet over medium-low heat, cook in batches using 15 ml (1 tbsp) of oil at a time until golden brown, 6 mins per side. Serve on buns with pickle slices.

Ingredients:

- 500 ml (2 cups) vegetable broth
- 250 ml (1 cup) long-grain brown rice
- 50 ml (1/4 cup) safflower oil
- 125 ml (1/2 cup) each finely diced red onion, red pepper, mushrooms
- 1 clove garlic, minced

- 5 ml (1 tsp) each ground cumin and coriander
- 2 ml (1/2 tsp) each coarse salt and red pepper flakes
- 125 ml (1/2 cup) gluten-free seasoned breadcrumbs
- 250 ml (1 cup) canned black beans (drained and rinsed)
- 60 g (2 oz) crumbled feta
- 1 egg, lightly beaten
- Dill pickle slices (garnish)

Taking a chance on the new kid

STUDENT VOICE

CAROLYN MANN
TALENTEGG.CA

I just finished my third year of a Bachelor of Arts in Political Science at the University of British Columbia Okanagan.

I live in a small city and find it difficult to find meaningful work experience. I don't know how many times I've heard, "You don't have enough experience," and wanted to scream back, "Well how do you think I am going to get the experience?"

I hope employers will

eventually realize how ridiculous this is.

When employers do hire interns and students, though, they should include them in their teams for the long-run.

Nothing is more frustrating than putting in long hours and good ideas, and your employer refuses to see you as a long-term member of the team.

I understand that interns cannot always be long-term employees. However, employers should recognize that every new hire has the potential for long-term employment if they prove they're valuable.

Students and recent grads have a different

What I learned

Key take-aways from Carolyn's experience:

▶ Even if you're only there for a summer, show your employer that you are a valuable part of the team by asking for more work, helping other employees with their work, and going above and beyond your boss' expectations on a regular basis.

▶ Keep your options open by applying to opportunities in a variety of fields – you never know who you will meet or what you'll accomplish. Don't limit yourself to your degree title.

view of the world and bring completely different ideas to the table. Allow them to be a part of your team, and you'll surely benefit.

My recommendation for a similar situation is to gain the most experience out of the job, no matter the work environment.

Summer internships are short, but you will always be able to leverage the experience you gained for permanent jobs in the future.

When I was searching for a summer position last summer, I applied to everything! Even though I didn't meet all the requirements posted, I explained my ambition and desire to learn, and explained how I could be a valuable addition to the team.

It can never hurt to apply, and eventually there will be some hiring manager out there who will see value beyond any lack of experience.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.



▶ Carolyn Mann thinks that a person's willingness to learn should be considered just as carefully as their former work experience.

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WORKPLACE LAW

DANIEL LUBLIN

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TWITTER: @DANLUBLIN



Employers are becoming increasingly adept at covering their bases when dismissing employees. Many have learned from past errors that resulted in generous severance packages and now they are motivated to pay little, if any, severance at all. Here are some signs that you are about to be fired that I have gleaned from my clients in the workplace trenches:

- Your performance is suddenly scrutinized. Although your employer need not build a case for incompetence to dismiss you, many try to do it anyway. Their arguments may ultimately fail but, by making them, you become more inclined to settle for less.
- Having turned on you already, your employer's constructive feedback becomes scarce. Once the decision to fire you has been made, employers have less incentive to correct deficiencies in your work and, in some cases, more of an incentive to reveal them.
- If your company pays bonuses, expect to be fired right before yours is paid to you. With your



► Did you see it coming?

departure in sight, your employer has little motivation to reward you.

- Your important work will gradually be moved to other employees to make the transition easier after you are gone. Assignments will become more menial, shorter term and, ironically, easier to complete.

- Even though your important work has been taken from you, you will be criticized for not doing enough and for making errors, however small, that were not previously remarkable.

- You will be left out of important meetings or, if you

are asked to attend, you will no longer play an important role at them.

- Expect that memos will arrive with comments where you were previously given instructions or feedback orally. Follow-up memos confirming conversations about your performance will also be delivered.

- You find your current job posted online — hopefully while you are looking for another one!

DANIEL LUBLIN IS AN EMPLOYMENT
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Horton, Rome both gone for remainder of final

► Bruins forward out with 'severe concussion' ► Canucks blue-liner who hit him gets 4-game suspension

There can be no justice when two men lose the chance to take part in the Stanley Cup.

Nathan Horton won't have the opportunity to score another big goal for the Boston Bruins after being hospitalized with a concussion. Aaron Rome, who delivered the hit that put him there, won't play another minute for the Vancouver Canucks this season after receiving a suspension four times longer than any previously handed out in the championship series.

Even the NHL, desperate to take a stand on dangerous hits, doesn't win when it comes down hard on a player at the most important time of year.

"I take it very seriously, very seriously," said league vice-president Mike Murphy, who is handling discipline for the final. "Guys play all their lives to get to this series on both teams, and you might never get back. So I take it very seriously. I do not make light of this."

"I wish I wasn't sitting here. I wish Aaron was playing, and I wish Nathan was playing."

Instead, an emotional series rife with bad blood will play on without them. The league went further than simply handing Rome a record-setting four-game suspension yesterday for his dangerous hit on Hor-

17

It will be no easy feat for the Bruins to carry on without Horton. He had eight goals and 17 points in 21 games in this year's playoffs.

ton in Game 3 — Murphy also issued a warning to both teams that any player caught taunting an opponent will be given a two-minute unsportsmanlike penalty and 10-minute misconduct.

"We've addressed it with the teams as early as this morning, and I will speaking with both general managers and coaches before the day is over about the crap that we're seeing and the garbage that's going on and some of the issues," said Murphy.

The Canucks were in a somewhat ornery mood despite holding a 2-1 series lead heading into Game 4 at TD Garden today.

In their minds, the only thing worse than losing 8-1 in Game 3 was seeing Rome banned for the rest of the series.

"We totally disagree (with the suspension)," said Canucks forward Daniel Sedin. "We support Rome. He's a hard-working guy. He has no intention to hurt anyone out there."

THE CANADIAN PRESS



► Canucks defenceman Aaron Rome delivers his controversial hit on Bruins right-wing Nathan Horton on Monday. Rome was suspended for the hit yesterday.

Coyotes trade rights to Bryzgalov to Flyers

The Phoenix Coyotes have traded the negotiating rights of free-agent goalie Ilya Bryzgalov to the Philadelphia Flyers for forward Matt Clackson, a third-round draft pick in 2012 and future considerations.

The Coyotes had made Bryzgalov and defenceman Keith Yandle, a restricted free agent, their top priorities this off-season.

Negotiations with Bryzgalov broke down because the Russian goalie wanted

to not only be a top-paid goalie in the NHL, but one of the top-paid players, according to an NHL official who requested anonymity because he wasn't authorized to release the information.

THE ASSOCIATED PRESS

Sports in brief

Papelbon suspended

MLB. Boston Red Sox closer Jonathan Papelbon has been suspended three games for making contact with an umpire.

The suspension was to begin last night against the New York Yankees,

but Papelbon is appealing.
THE ASSOCIATED PRESS

Allen sticks with Celtics

NBA. Ray Allen has exercised his option to remain with the Boston Celtics next season. The decision means the Big Three of Allen, Paul Pierce and Kevin Garnett will be together for one more season. THE ASSOCIATED PRESS

4

sports

Quoted



"I waited my whole life to be here. I'm not going to put my head down. It's time to get back to work. Obviously, last night was disappointing for all of us."

CANUCKS GOALIE
ROBERTO LUONGO



Scan code for more sports news.



► Tiger Woods will miss the U.S. Open for the first time since 1994.

Woods will miss U.S. Open

► With an ailing left leg that needs rest, Tiger takes a pass on a major

Tiger Woods pulled out of the U.S. Open yesterday because of lingering issues with his left leg, leaving him uncertain how soon he can resume his pursuit of Jack Nicklaus's record for major titles.

It will be the first time Woods has missed the U.S. Open since 1994, when he had just graduated high school.

"I am extremely disappointed that I won't be playing in the U.S. Open, but it's time for me to listen to my doctors and focus on the future," Woods said on his website. "I was hopeful that I could play, but if I did, I risk further damage to my left leg. My knee and Achilles tendon are not fully healed."

Woods said he hoped to be ready for the AT&T National, which starts June 30 at Aronimink, and the next two majors. Then again, he said two weeks ago he would do everything possible to be ready for the U.S. Open, which is far more significant.

"We're very disappointed that he won't be playing in the National Open," USGA executive director Mike Davis said, whom Woods called yesterday morning. "He certainly brings excitement to the event. He'll be missed, but the U.S. Open will go on. The event is big-



"I'd rather see him come back when he's ready. And if he's not prepared, then he shouldn't come back."

MARK O'MEARA

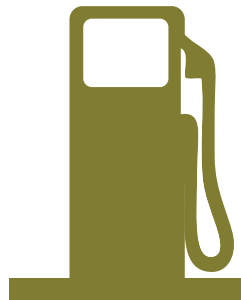
ger than one player, but he certainly will be missed."

The U.S. Open starts June 16 at Congressional, where Woods won the AT&T National two years ago and tied for 19th when the U.S. Open was last played there in 1997.

Woods was replaced by Michael Whitehead, a senior at Rice who was first alternate from the Dallas qualifier. Whitehead had to win a playoff just to get out of the first stage of 18-hole qualifying, and was stunned to get the news.

"They said on the phone that Tiger has withdrawn from the Open," Whitehead said. "So thanks, Tiger. I guess I'm glad he was listening to his doctors."

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NBA

Sale in works for 76ers

The Philadelphia 76ers are on the market and a person familiar with the deal says the franchise once home to Wilt Chamberlain, Charles Barkley and Allen Iverson could be sold within the week.

The person spoke to The Associated Press yesterday on condition of anonymity because the deal with the group led by New York-based leveraged buyout specialist Joshua Harris is not yet complete.

Comcast-Spectacor, led by chairman Ed

Snider, has owned the Sixers since 1996, but the group's chief operating officer confirmed yesterday there are ongoing discussions about the team's future.

The person familiar with the deal said the Harris-led group was not the only bidder but is now the lead bidder, adding the deal has been in the works for several months.

ESPN.com, citing unidentified sources, first reported the Sixers were close to being sold to Harris. The site noted another investor included in the deal is former NBA player agent and Sacramento Kings executive Jason Levien.

The deal would need to be approved by the league's board of governors.

Comcast is the nation's largest pay TV provider and the majority owner of media conglomerate NBC Universal. Comcast also owns the Philadelphia 76ers and the Philadelphia Flyers and the stadium where both teams play, the Wells Fargo Center.

NBC, now controlled by Comcast, retained its hold on U.S. Olympic television rights yesterday in a four-games deal through 2020 worth \$4.38 billion U.S.

Harris is one of three founders of Apollo Global Management, a publicly listed alternative investment manager. Harris, through an Apollo spokeswoman, declined comment.

THE ASSOCIATED PRESS

Winnipeg lands GM for its new NHL team

Winnipeg's new NHL franchise has its first general manager.

A league source requesting anonymity said yesterday the yet-unnamed Winnipeg club has hired Kevin Cheveldayoff as its GM. Cheveldayoff will join the Winnipeg squad after serving as the assistant GM of the Chicago Blackhawks.

Scott Brown, a spokesman for True North Sports and Entertainment Limited — which owns the Winnipeg club — declined comment yesterday.

But the source said the NHL team will make the move official today.

Cheveldayoff, 41, a native of Blaine Lake, Sask., has experienced no shortage of hockey success as an executive.

He guided the Chicago Wolves to a pair of Turner Cup titles in the International Hockey League as well as two Calder Cup championships (American Hockey League) before joining the Chicago Blackhawks front office.

He was part of the Chicago club that captured last year's Stanley Cup.

Cheveldayoff was a defenceman selected in the first round, 16th overall, by the New York Islanders in the 1988 NHL entry draft.

He began his career with the AHL's Capital District Islanders, serving as an assistant captain 1991-'93.

He had a similar role with the Salt Lake Golden Eagles in 1993-'94, earning the team's Unsung Hero Award. But he was forced to retire after five pro seasons as a result of a knee injury.

Cheveldayoff's brother, Ken, is a prominent Saskatchewan politician. He is the province's minister of First Nations and Métis relations, minister responsible for Northern affairs and minister responsible for the Saskatchewan Gaming Corporation.

THE CANADIAN PRESS

All-wheel-drive

Regardless of transmission, all X1s come with BMW's patented xDrive permanent all-wheel-drive setup.

The system splits the torque equally between the front and rear wheels under normal driving conditions, but when necessary can shift 100 per cent of the torque to whichever axle is driving the tires with grip.

Trim level options

To keep the starting price in low-\$40,000 territory, base X1s will be on the stark side, devoid of leather seats, fancy interior/exterior trim and a number of mechanical/safety features.

On the extra-cost sheet is a panoramic glass roof, bigger wheels, heated leather seats, up-level audio/navigation system and a sport steering wheel with paddle shifters for automatic-transmission models. Also offered is an aero body kit that's part of the M sports package.

Engine

Where the X1 makes a really radical departure from the X3 is under the hood.

The sole powerplant is an all-new 2.0-litre turbocharged four-cylinder that puts out 241 horsepower and 258 pound-feet of torque. That's one horsepower more than the X3's base non-turbo 3.0-litre inline six, but crushes that engine's torque rating of 221 pound-feet. The X1 is also 180 kilograms lighter than the X3, which is good news for acceleration and fuel economy.



► The X1 shares its platform and all-wheel-drive architecture with the Mini Countryman, but the X1 is bigger and, of course, more expensive.

5

drive

By comparison

Acura RDX

Base price: \$42,400
Similar to X1 in size and output, but trails in fuel economy.

Audi Q5

Base price: \$43,000
A4-based wagon offers standard turbo I4 plus optional 270-hp V6.

Infiniti EX35

Base price: \$44,200
G37-based wagon features 297-hp V6. Low profile reduces cargo room.

WHEELBASE MEDIA

The keys to this Bimmer won't kill your wallet



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If you've been loitering outside the local BMW dealership, palms and cheeks pressed to glass thinking that was as close as you were ever going to get to owning a shiny new

Bimmer, it's time to come inside.

Yes, the X1 has just arrived as a highly efficient, cargo-friendly and perhaps most importantly, wallet-friendly family transporter that also packs standard all-wheel-drive, which of course is perfect for Canadian winters.

The popularity of the X1 is so great around the world right now that there are shortages that will delay the model's arrival in the U.S. market until late this year.

Somehow, Canadians lucked out.

While a close inspection and a test drive reveals a

lot about the vehicle, the reason for its popularity actually requires nothing more than to understand that the X1 is now the least-expensive BMW wagon in the line at \$40,500, slotted below the \$43,900 X3.

It doesn't really look less expensive, though. In fact,

the X1 looks a lot like the X3. A side-by-side inspection is really needed to reveal the X1's more car-like profile in addition to a slightly more elongated nose.

For buyers on a budget who are dead set on a BMW wagon, their wait is over. Now come inside.



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AUTO PILOT



MIKE GOETZ
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Like anybody, I've experienced my share of miss-diagnosed car repairs and their subsequent misery.

But they are not at the top of my list of repair shop turn-offs, because those are generally honest mistakes, made by people working on the sharp end of trying to right malfunctioning technology.

Reminds me of the sticker on my father's toolbox that read: "The man who makes no mistakes does not usually make anything."

No, topping my list of repair shop turn-offs is the waiting room.

Some shops and practically all new-car dealerships don't like you bugging the mechanics while they work — and who can blame them?

So you must sit in this



► Chances are she's mad because she's going to have to spend serious money at the repair shop.

weird "living room" type area somewhere in the shop.

But it's like a living room in an alternative universe, where you can't leave until someone in charge lets you leave, and you can't change the stations on the TV, even if it's ShamWow, Oprah, or General Hospital.

If it's General Hospital, your aggravation is even exasperated, because, as a very irregular viewer you don't know any back-story, like why Dr. Lainey Winters is so currently peeved at Dr. Matt Hunter. Actually I lied.

The one-channel waiting room is really just the runner-up on my list of repair shop turn-offs.

The one right at the top is irrational pricing for switching tires around.

This spring a dealership charged me \$49 to take my snow tires off and put my summer tires on (the latter already on their own, dedicated rims).

But this same dealership charges only \$19.95 for a tire rotation — essentially the same amount of work, and work that doesn't even need to be done by a licensed technician.

When I questioned the service advisor about this weirdness, she sympathized, but said her hands were tied. And this is not an uncommon pricing strategy among tire and repair shops.

The main reason I took the car to this dealership was to find out why the "Check Engine" light was on. I threw the summer tires in the car at the last minute, knowing they'd charge me a bit more than other places, but it would save me a trip.

The "Check Engine" part of the work order they did brilliantly. Got the car in quick. Explained everything they did. Charged not a cent over what they quoted.

But the prevailing feeling I had as I drove away was that they "got" me on the tire thing.

And that Dr. Matt Hunter is probably not a stand-up guy.

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Odyssey minivan still a comfortable ride

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Competing with the Nissan Quests, Hyundai Entourages and, of course, the sales-leading Chrysler "Magic Wagons" of its era, Honda's last Odyssey was a five-door, seven-seat machine with V6 power, front-wheel drive and over 4,170 litres of maximum cargo space.

Available in numerous trim levels to suit a variety of budgets, more basic units were badged DX or LX, while higher-end EX, EX-L or Touring models were available.

Look for feature content like navigation, a sunroof, heated leather, fog lamps, Bluetooth, power sliding doors, satellite radio, automatic climate control and

What's the 4-1-1

- ▶ **Model:** 2005 to 2010 Honda Odyssey.
- ▶ **Vehicle type:** Minivan.
- ▶ **Price:** \$9,000 to \$36,000.

plenty more.

Power came from a proven 3.5-litre V6 engine with between 240 and 255 horsepower, depending on the year. A five-speed automatic was standard on all models.

What Owners Like

Most Odyssey owners report satisfaction with overall comfort, ride, handling, power output and even fuel mileage. Styling, spacious-

ness and the remote-activated sliding doors were also favourites.

What Owners Dislike

Common complaints of the Odyssey include higher-than-expected wind and road noise at speed, some low-budget interior trim and small arm rests for front-seat passengers. Some owners report a low front end, which could get crunched on curbs and steep driveways.

Common Issues

Start a test-drive with a full check of the power sliding doors (if equipped) and tailgate for proper operation. Power sliding doors should open fully and smoothly,

and the tailgate should remain open without any help. If that's not the case, the gas struts could be in need of replacement.

Note that power sliding doors in virtually all minivans will eventually fail and require expensive repair. Skip them if possible.

Kill the radio and drive the Odyssey gently up to highway speeds, noting any hesitation or "shuddering" from the transmission in the process.

Many owners have noticed some form of vibration or "stuttering" from the transmission, and some have had torque converters or transmission mounts replaced as a fix.

If the transmission in the Odyssey you're considering makes any unwelcome noises or vibrations, be sure to have it looked at by a Honda-trained mechanic.

Ensure the Odyssey's steering operates smoothly, easily and without any un-

welcomed vibration or "pulling." Numerous owners have reported steering-related issues that could be caused by a failing or faulty power-steering pump.

The Verdict

Common last-generation Odyssey issues are well-doc-

umented and should be easy to detect and repair for any Honda mechanic.

Most shoppers agree that Odyssey's comfort levels, high-resale values and relative fuel efficiency should outweigh the potential issues.



▶ 2005 Honda Odyssey Touring



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[†]Limited time financing offer on all Honda Certified Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.04 for a total obligation of \$10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires June 30, 2011.

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JUNE 4 Fund Raiser - Re-Murder of Donna J. Awcock

JUNE 5 Karaoke with Great Local Talent

JUNE 12 Karaoke with talent from South Western Ontario

JUNE 18 Father's Day Dinner & Dance \$15

JUNE 19 1:30pm-5:30pm - Karaoke

JUNE 19 Guy Lombardo Celebration 6pm, Steak, dinner and dance. The Royal Canadian Style \$15

JUNE 26 Karaoke - Sunday @ 2pm

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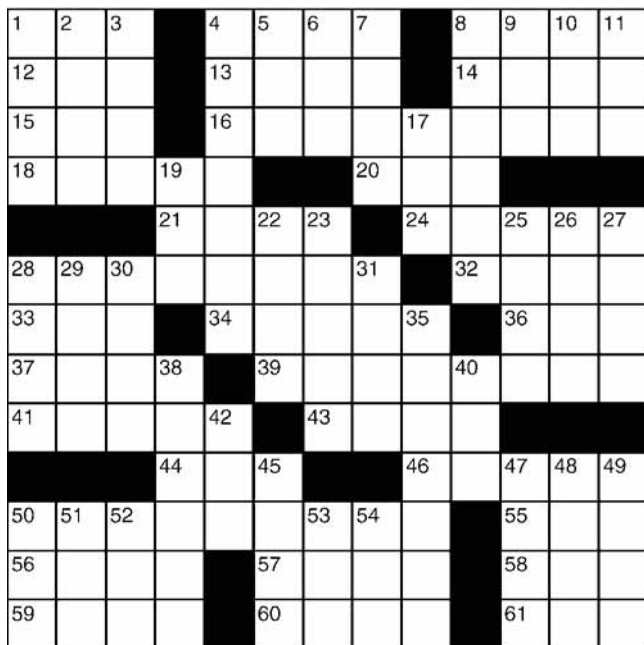
Crossword

Across

- 1 Wood-shaping tool
- 4 Peruse
- 8 This and that
- 12 "Ostentatious? —?"
- 13 Canal city
- 14 Finished
- 15 Hostel
- 16 "No Place That Far" singer
- 18 Summarize
- 20 Calendar abbr.
- 21 Sci-fi knight
- 24 Grit one's teeth
- 28 Arabian nomads
- 32 Vocal comeback
- 33 Lawyers' org.
- 34 Dutch bloom
- 36 Cage component
- 37 Bigfoot's cousin
- 39 1984 Winter Olympics site
- 41 Word on the street?
- 43 Lived
- 44 Bankroll
- 46 Expiate
- 50 Minuet-like dances
- 55 Book spine abbr.
- 56 Gel in a Petri dish
- 57 Nevada city
- 58 Doctrine
- 59 Frog's hangout
- 60 List-ending abbr.
- 61 — Moines

Down

- 1 Eastern potentate (Var.)
- 2 Finished
- 3 Galvanizing material
- 4 Aretha classic
- 5 Historic time
- 6 Melody



- 7 Unhearing
- 8 Of cattle
- 9 Eggs
- 10 X rating?
- 11 Day divs.
- 17 Work unit
- 19 1977 Steely Dan album
- 22 — ex machina
- 23 Relative by marriage (Var.)
- 25 Farm fraction
- 26 Con's weapon
- 27 Vagrant
- 28 Puts into words
- 29 First victim
- 30 — -tat-tat
- 31 Paddock papa
- 35 Sunshade
- 38 To the center
- 40 Lustrous black
- 42 Talk on and on
- 45 Challenge
- 47 "Metamorphoses" poet
- 48 Schnozz
- 49 "Desire Under the —"
- 50 Potential syrup
- 51 Past
- 52 Scooted
- 53 Trawler need
- 54 "CSI" evidence

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Bebeboo, There is no feeling more comforting and consoling than knowing you are right next to the one you love. Happy 2nd year, my love. Thanks for crashing into my world. Olive juice! **JUNE OCHO PURPLE**

Roberto S.G, My beautiful baby i miss you so much i hope we'll be together soon and nobody will separate us again i love you and everything i do is for us for our future my love is all yours XOXOXOXOXO **INRY S.S.**

Scott, The first time I saw you, I thought you were the most beautiful person I had ever seen. Yrs later, I still look at you the same way. You are my Lover and Best friend, fate brought us together and our special love will KEEP us together. I LOVE You with all my heart, you are truly my soul mate xoxoxoxoxo! **KELLY**

Today's horoscope

♈ Aries March 21-April 20 If you want a relationship to get back to how it used to be, you must discuss the future — together.

♉ Taurus April 21-May 21 You know that you have what it takes to reach the top but others may still need convincing.

♊ Gemini May 22-June 21 Best way to win others over is to act as if their approval means nothing.

♋ Cancer June 22-July 22 A family member will bring some unexpected news today. You will realize you should have seen it coming.

♌ Leo July 23-Aug. 23 If there is someone you have been neglecting, now you must get things back to how they used to be.

♍ Virgo Aug. 24- Sept. 22 Under no circumstances should you try to blame others for your failures.

♎ Libra Sept. 23-Oct. 23 You need to convince people you live, work and do business with that you know what you are doing.

♏ Scorpio Oct. 24-Nov. 22 The doubts and worries of the past few weeks will fade into nothing over the next 24 hours.

♐ Sagittarius Nov. 23-Dec. 21 You see clearer and further than most other people, so trust what your inner voice tells you.

♑ Capricorn Dec. 22-Jan. 20 You will have to make a difficult choice concerning your work today.

♒ Aquarius Jan. 21-Feb. 18 From today, you will have a clearer picture of what must be done to make life more enjoyable.

♓ Pisces Feb. 19-March 20. No matter how reticent a Pisces you may be, you must speak up if you need help. **● SALLY BROMPTON**

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